

Citrus Tuna Melt

Makes: 6 Servings

This warm toasted sandwich is easy to make. Our recipe uses one slice of bread per serving. An open-faced sandwich has less sodium and fewer calories.

Ingredients

- 1 can** tuna, drained
- 2 tablespoons** lime or lemon juice
- 1/2 cup** onion, diced
- 1/4 cup** tomatoes, diced (or 2 tablespoons, about 2 ounces, low-sodium diced tomatoes, drained)
- 1/2 cup** apple, diced
- 1/4 cup** celery, diced
- 1/4 teaspoon** black pepper
- 6 slices** whole grain bread (or homemade bread)
- 1/4 cup** fresh parsley or cilantro, chopped (optional)
- 1 tablespoon** cayenne or jalapeño chilies, diced (optional)
- 3 slices** pasteurized process American cheese, cut into halves
- 6 slices** tomatoes
- 6 lettuce leaves**

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine tuna, lime juice, onion, tomatoes, apple, celery, and pepper. Mix well.
3. Toast the bread.
4. Place 6 slices of toasted bread on a cookie sheet. Put an even amount of tuna mixture on top of each slice. If using parsley and chilies, add these too.
5. Put 1/2 slice cheese on top of the tuna and bake for



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 191 | |
| Total Fat | 4 g | |
| Protein | 21 g | |
| Carbohydrates | 17 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 1.5 g | |
| Sodium | 408 mg | |

about 3 minutes.

6. Add an extra slice of tomato and lettuce on top if you like.

7. Serve hot.